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**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (Original) A handgrip for a skiing, walking or skating pole, and a handstrap (2) attached thereto, comprising a strap section (3, 15), which encircles the back and lower edge of a hand and connects, by way of transmission straps (4, 5) extending under the palm and the base of the thumb, to a handgrip (1), which is provided with at least one slot (6, 7) for the passage of the transmission straps (4, 5) and with a clamping element (8, 16) above the slot inside a top end of the handgrip, whereby the runs of the transmission straps (4, 5) inside the top end of the handgrip are attachable in such a way that the length of the transmission straps (4, 5) is adjustable, **characterized** in that the strap section (3, 15), surrounding the back and lower edge of a hand, has its ends or edges connected by means of a lengthwise adjustable wrist strap (12), which holds the transmission straps (4, 5) and the strap section (3, 15), surrounding the back and lower edge of a hand, in position around the hand, that all transmission straps (4, 5), which connect directly to the handgrip, extend over on the palm side, the backhand side being free of straps directly connected to the handgrip, and that the portion of handgrip above the passage slot - or slots (6, 7) for the transmission straps (4, 5) is in an upward direction designed as a sideways and forward expanding knob (9), which comprises a high, forward curving back surface (10).

2. (Original) A handgrip, and a handstrap attached thereto, as set forth in claim 1, **characterized** in that the transmission straps (4, 5) are guided inside the handgrip (1) through the slots (6, 7) present on the handgrip's opposite side surfaces.

3. (Original) A handgrip, and a handstrap attached thereto, as set forth in claim 2, **characterized** in that the slots (6, 7) are inclined obliquely downward on the way towards

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the handgrip's back surface and that the knob (9, 10) has a height which extends at least 3 cm above the rear edge level of the inclined slots (6, 7).

4. (Currently Amended) A handgrip, and a handstrap attached thereto, as set forth in ~~any of claims 1-3~~claim 1, **characterized** in that the handgrip (1) is provided with a reduction (14), in the region of which the inclined slots (6, 7) are located, such that the thinnest or most reduced part of the handgrip (1) lies immediately in the region of the slots (6, 7) or slightly therebelow.

5. (Currently Amended) A handgrip, and a handstrap attached thereto, as set forth in ~~any of claims 1-4~~claim 1, **characterized** in that the clamping element (8) is wedge-shaped and the strap runs have ends (4a, 5a) emerging from the handgrip's (1) top end on either side of the clamping wedge (8).

6. (Currently Amended) A handgrip, and a handstrap attached thereto, as set forth in ~~any of claims 1-5~~claim 1, **characterized** in that the inclined slots have an angle relative to horizontal plane within the range of 10°-40°, preferably within the range of 15°-30°, and that there is a vertical drop between the inclined slots (6, 7), which is within the range of 3-20 mm.

7. (Currently Amended) A handgrip, and a handstrap attached thereto, as set forth in ~~claim 1 or 2~~, **characterized** in that the transmission strap (4) passing under the thumb, which extends around the thumb base over to the backhand side, constitutes a continuous strap loop with the transmissions trap extending under the palm's lower edge, and that the strap section (3), encircling the lower edge of a hand and partially the back of a hand, constitutes an extended cushion attached to said strap loop.

8. (Original) A handgrip, and a handstrap attached thereto, as set forth in claim 7, **characterized** in that, in view of adjusting the wrist strap (12) in terms of its length and tightness, the wrist strap's (12) free end is attachable by means of a self-adhesive attachment (11, 12a) to the backhand-encircling strap section (15).

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9. (Original) A handgrip, and a handstrap attached thereto, as set forth in claim 5, **characterized** in that the ends of the strap runs (4a, 5a), emerging from the handgrip's top end, are attached together for a strap loop.

10. (Currently Amended) A handgrip, and a handstrap attached thereto, as set forth in ~~any of claims 1-9~~ claim 1, **characterized** in that the transmission strap (4), extending around the thumb base, and the wrist strap's (12) base area lie in an overlap in the area which constitutes the strap section (15) partially encircling the back of a hand.

11. (Currently Amended) A handgrip, and a handstrap attached thereto, as set forth in ~~any of claims 1-4 or 6-10~~ claim 1, **characterized** in that the clamping element (16) comprises a plug, rising from the top end of the handgrip's (1) housing, which is surrounded by a hollow knob element (21) releasable to a position allowing a length adjustment of the transmission straps (4, 5).

12. (Original) A handgrip, and a handstrap attached thereto, as set forth in claim 11, **characterized** in that the fastening plug (16) has its side surfaces provided with studs (17), the transmission straps (4, 5) being pressed thereagainst by the inner walls of the hollow knob (21) and having the ends (4a, 5a) thereof emerging from the top end of the knob's (21) cavity (25).

13. (Currently Amended) A handgrip, and a handstrap attached thereto, as set forth in claim 11 ~~or 12~~, **characterized** in that the fastening plug (16) is divided by one or more lengthwise slits (18) into flexible tongues (23, 24), provided with at least one serration (22) which abuts a serration (22) present in the bottom edge of the knob's (21) cavity (25) and thus prevents disengagement of the knob (21), which is only possible by bending the tongue (23, 24) for enabling the serrations (20, 22) to pass by each other.

14. (Original) A handgrip, and a handstrap attached thereto, as set forth in claim 13, **characterized** in that the lengthwise slit (18) is provided with an elastic material (19), such as rubber.

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15. (Original) A handgrip, and a handstrap attached thereto, as set forth in claim 4, **characterized** in that, underneath the slots (6, 7) present in the handgrip's (1) side surfaces, there are shallow depressions (26) for embedding the transmission straps (4, 5) substantially flush with the handgrip's (1) surface in the reduced gripping area (14).

16. (Original) A handgrip for a skiing, walking or skating pole, and a handstrap (2) attached thereto, comprising a strap section (3, 15), which encircles the back and lower edge of a hand and connects, by way of transmission straps (4, 5) extending under the palm and the base of the thumb, to a handgrip (1), which is provided with at least one slot (6, 7) for the passage of the transmission straps (4, 5) and with a clamping element (8, 16) above the slot inside a top end of the handgrip, whereby the runs of the transmission straps (4, 5) inside the top end of the handgrip are attachable in such a way that the length of the transmission straps (4, 5) is adjustable, **characterized** in that the clamping element (16) comprises a plug, rising from the top end of the handgrip's (1) housing, which is surrounded by a hollow knob element (21) releasable to a position allowing a length adjustment of the transmission straps (4, 5).